



# HEALTH SCREENING

EXECUTIVE PACKAGES



# AN ELEVATED EXPERIENCE

Providing you a range of comprehensive and quality services. Our executive packages have been curated and designed with your health and concerns in mind.

Receive tailored recommendations during your screening by medical professionals and rest easy as you gain deep insights into your health.



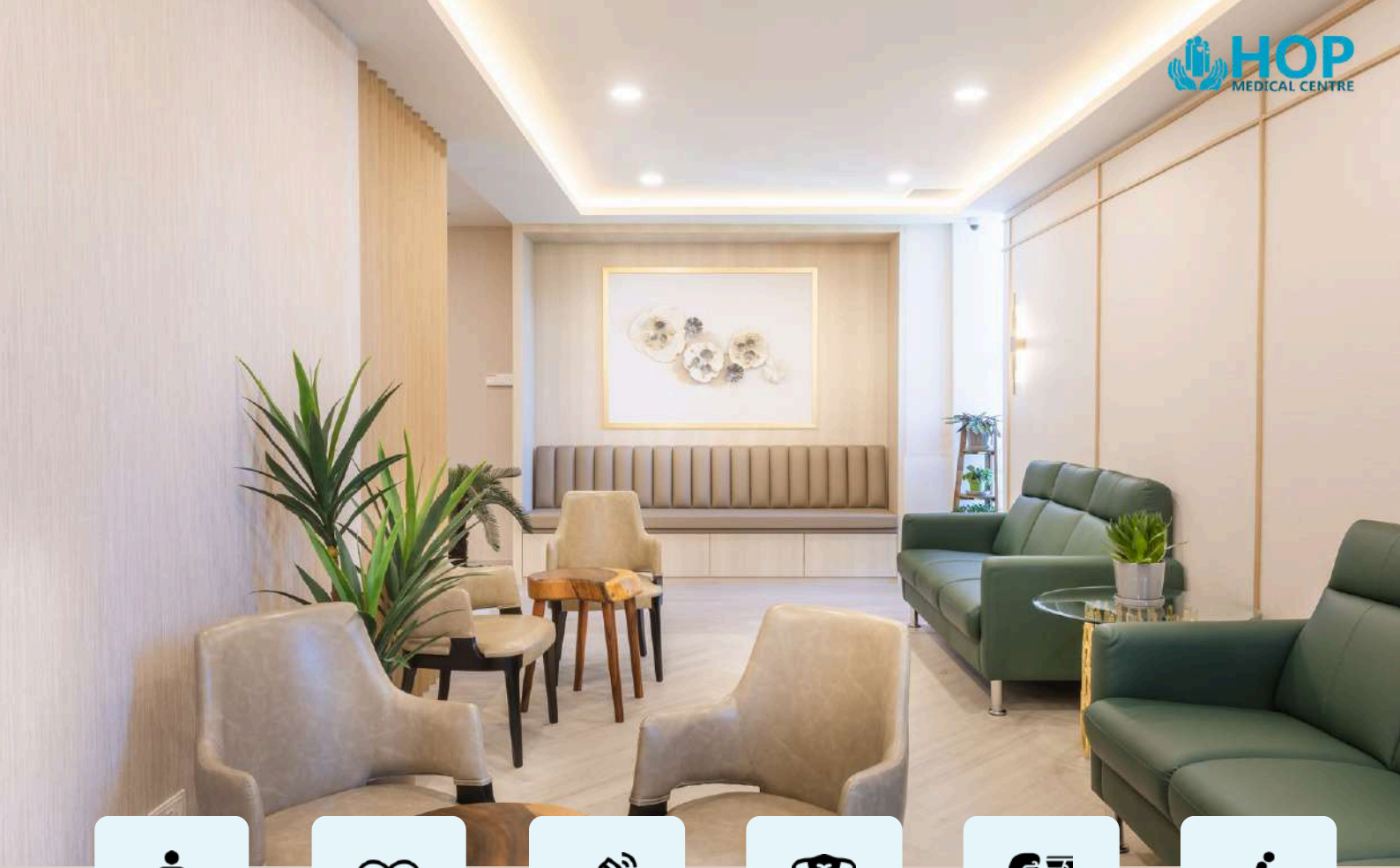
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# CARE AND COMFORT

Enjoy a peaceful ambience as we take you through your health journey.

We provide high-touch care throughout the screening to ensure that you are comfortable and relaxed during your important day.





Chest X-Ray

ECG

Ultrasounds

Pap Smear

Mammogram

Treadmill

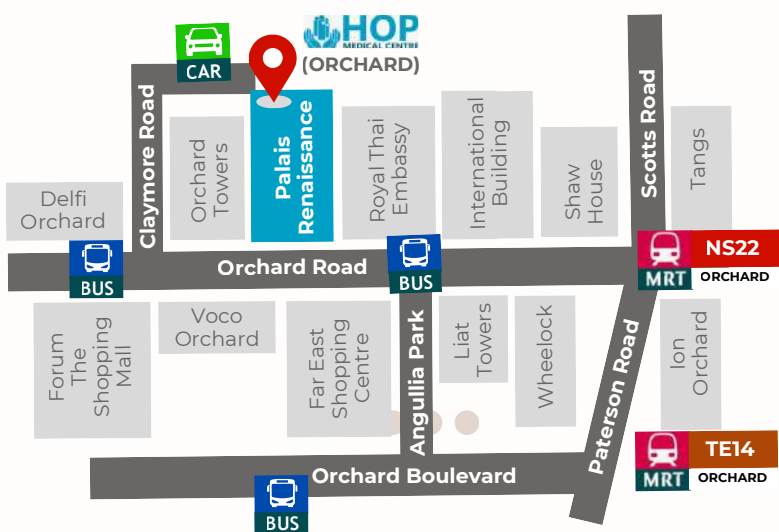
2 one-stop medical centres located at Orchard and Tampines. Fully equipped for all tests, exams and scans to be completed conveniently under one roof.

### HOP MEDICAL CENTRE (ORCHARD)

390 Orchard Road, Palais Renaissance, #11-03/04, S238871

### HOP MEDICAL CENTRE (TAMPINES)

1 Tampines Central, CPF Building, #07-04/05, S529508



- Conveniently located in Orchard Road
- Just a 5-mins walk from Orchard MRT

- Conveniently located in the heart of Tampines Central
- Inside CPF Building
- Just a 2-mins walk from Tampines MRT Station (DT/EW) and bus interchange

# PREMIUM ECONOMY

\$499.22 (*\$458 before GST*)

**INCLUDES:**



## DOCTOR CONSULTATION



## CLINICAL TESTS

Height and Weight  
BMI  
Blood Pressure  
Full Body Composition  
Oxygen Saturation  
Visual Acuity  
Color Blindness



## LABORATORY TESTS

### Liver Profile

Total Bilirubin  
Alkaline Phosphatase  
SGPT (ALT)  
SGOT (AST)  
Gamma GT (GGT)  
Total Protein  
Albumin  
Globulin  
Alb/Glob Ratio

### Diabetes Profile

Blood Glucose  
HbA1c

### Lipid Profile

Total Cholesterol  
HDL Cholesterol  
LDL Cholesterol  
Cholesterol Ratio  
Triglycerides

## Kidney Profile

Urea  
Creatinine  
Potassium  
Sodium  
Chloride  
EGFR

## Urinalysis

Urine FEME  
Urine Microalbumin  
Urine Creatinine  
Microalbumin/Creatinine Ratio

## Hepatitis Profile

Hepatitis A  
Hepatitis B

## Thyroid Profile

TSH  
FT4 (If TSH is <0.40 pmol/L or >4.70 pmol/L)

## Bone and Joint Profile

Calcium  
Phosphate  
Uric Acid (Gout)  
Rheumatoid Arthritis

## Cancer Markers

AFP (Liver)  
CEA (Colon)  
PSA (Prostate) ♂  
CAS125 (Ovarian) ♀

## Cardiac Profile

Hs-CRP

## Venereal Profile

Syphilis TP Ab

## Hematology

Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film

## Deficiency Profile

Iron

## Stool Analysis

Stool Occult Blood

## CHOOSE 1 OF THE FOLLOWING:



### ELECTROCARDIOGRAPHY

Resting ECG



### TONOMETRY

Eye Pressure



### BONE SCAN

Bone Mineral Densitometry (Heel)



### RADIOLOGY

Chest X-ray



### SPIROMETRY

Lung Function Test



### RETINAL IMAGING

Digital Retinal Imaging



### BRAIN HEALTH ASSESSMENT

Digital Brain Test



### POST SCREENING DOCTOR CONSULTATION



### PERSONAL REPORT AND LIFESTYLE COUNSELLING


# BUSINESS CLASS

\$717.22 (*\$658 before GST*)



**INCLUDES:**

 **DOCTOR CONSULTATION**

-  **CLINICAL TESTS**  
 Height and Weight  
 BMI  
 Blood Pressure  
 Full Body Composition  
 Oxygen Saturation  
 Visual Acuity  
 Color Blindness

 **LABORATORY TESTS**  
**Liver Profile**

- Total Bilirubin
- Alkaline Phosphatase
- SGPT (ALT)
- SGOT (AST)
- Gamma GT (GGT)
- Total Protein
- Albumin
- Globulin
- Alb/Glob Ratio

**Diabetes Profile**

- Blood Glucose
- HbA1c

**Lipid Profile**

- Total Cholesterol
- HDL Cholesterol
- LDL Cholesterol
- Cholesterol Ratio
- Triglycerides

**Kidney Profile**

- Urea
- Creatinine
- Potassium
- Sodium
- Chloride
- EGFR

**Urinalysis**

- Urine FEME
- Urine Microalbumin
- Urine Creatinine
- Microalbumin/Creatinine Ratio

**Hepatitis Profile**

- Hepatitis A
- Hepatitis B

**Thyroid Profile**

- TSH
- FT4 (If TSH is <0.40 pmol/L or >4.70 pmol/L)

**Bone and Joint Profile**

- Calcium
- Phosphate
- Uric Acid (Gout)
- Rheumatoid Arthritis

**Cancer Markers**

- AFP (Liver)
- CEA (Colon)
- PSA (Prostate) ♂
- CAS125 (Ovarian) ♀

**Cardiac Profile**

- Hs-CRP
- Creatine Kinase

**Venereal Profile**

- Syphilis TP Ab

**Hematology**

- Full Blood Count
- Hb Indices
- ESR
- Peripheral Blood Film







**Deficiency Profile**

- Iron

**Stool Analysis**

- Stool Occult Blood

**CHOOSE 2 OF THE FOLLOWING:**

-  **ELECTROCARDIOGRAPHY**  
Resting ECG
-  **TONOMETRY**  
Eye Pressure
-  **BONE SCAN**  
Bone Mineral Densitometry (Heel)
-  **RADIOLOGY**  
Chest X-ray
-  **SPIROMETRY**  
Lung Function Test
-  **RETINAL IMAGING**  
Digital Retinal Imaging
-  **BRAIN HEALTH ASSESSMENT**  
Digital Brain Test

 **CHOOSE 1 OF THE FOLLOWING:**

- Ultrasound Abdomen
- Ultrasound Carotid (IMT - cardiovascular)
- Ultrasound Prostate ♂
- Ultrasound Pelvis ♀
- Ultrasound Thyroid
- Ultrasound Breast ♀
- Mammogram ♀
- Treadmill Stress Test

 **POST SCREENING DOCTOR CONSULTATION**

 **PERSONAL REPORT AND LIFESTYLE COUNSELLING**

# FIRST CLASS

\$1,177.20 (\$1,080 before GST)

**INCLUDES:**



## DOCTOR CONSULTATION



## CLINICAL TESTS

Height and Weight  
BMI  
Blood Pressure  
Full Body Composition  
Oxygen Saturation  
Visual Acuity  
Color Blindness



## LABORATORY TESTS

### Liver Profile

Total Bilirubin  
Alkaline Phosphatase  
SGPT (ALT)  
SGOT (AST)  
Gamma GT (GGT)  
Total Protein  
Albumin  
Globulin  
Alb/Glob Ratio

### Diabetes Profile

Blood Glucose  
HbA1c

### Lipid Profile

Total Cholesterol  
HDL Cholesterol  
LDL Cholesterol  
Cholesterol Ratio  
Triglycerides

### Kidney Profile

Urea  
Creatinine  
Potassium  
Sodium  
Chloride  
EGFR

## Urinalysis

Urine FEME  
Urine Microalbumin  
Urine Creatinine  
Microalbumin/Creatinine Ratio

## Hepatitis Profile

Hepatitis A  
Hepatitis B

## Thyroid Profile

TSH  
FT4 (If TSH is <0.40 pmol/L or >4.70 pmol/L)

## Bone and Joint Profile

Calcium  
Phosphate  
Uric Acid (Gout)  
Rheumatoid Arthritis

## Cancer Markers

AFP (Liver)  
CEA (Colon)  
PSA (Prostate) ♂  
CAS125 (Ovarian) ♀  
EBV (Nasopharyngeal)  
CA19.9 (Panreas)  
BETA HCG (Testes) ♂  
CA15.3 (Breast) ♀

## Cardiac Profile

Hs-CRP  
Creatine Kinase  
Apolipoprotein AA1/ APB

## Stomach Screen

Helicobacter Pylori

## Venereal Profile

Syphilis TP Ab

## Hematology

Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film

## Deficiency Profile

Iron  
Vitamin B12  
Folic Acid  
Vitamin D

## Stool Analysis

Stool Occult Blood

## CHOOSE 4 OF THE FOLLOWING:



### ELECTROCARDIOGRAPHY

Resting ECG



### TONOMETRY

Eye Pressure



### BONE SCAN

Bone Mineral Densitometry (Heel)



### RADIOLOGY

Chest X-ray



### SPIROMETRY

Lung Function Test



### RETINAL IMAGING

Digital Retinal Imaging



### BRAIN HEALTH ASSESSMENT

Digital Brain Test



## CHOOSE 2 OF THE FOLLOWING:

Ultrasound Abdomen  
Ultrasound Carotid (IMT - cardiovascular)  
Ultrasound Prostate ♂  
Ultrasound Pelvis ♀  
Ultrasound Thyroid  
Ultrasound Breast ♀  
Mammogram ♀  
Treadmill Stress Test



## POST SCREENING DOCTOR CONSULTATION

## PERSONAL REPORT AND LIFESTYLE COUNSELLING



# SUITES CLASS

\$1,722.20 (\$1,580 before GST)

## INCLUDES:

### **DOCTOR CONSULTATION**

### **CLINICAL TESTS**

Height and Weight  
BMI  
Blood Pressure  
Full Body Composition  
Oxygen Saturation  
Visual Acuity  
Color Blindness

### **LABORATORY TESTS** **Liver Profile**

Total Bilirubin  
Alkaline Phosphatase  
SGPT (ALT)  
SGOT (AST)  
Gamma GT (GGT)  
Total Protein  
Albumin  
Globulin  
Alb/Glob Ratio

### **Diabetes Profile**

Blood Glucose  
HbA1c

### **Lipid Profile**

Total Cholesterol  
HDL Cholesterol  
LDL Cholesterol  
Cholesterol Ratio  
Triglycerides

### **Kidney Profile**

Urea  
Creatinine  
Potassium  
Sodium  
Chloride  
EGFR

### **Stool Analysis**

Stool Occult Blood

### **Urinalysis**

Urine FEME  
Urine Microalbumin  
Urine Creatinine  
Microalbumin/Creatinine  
Ratio

### **Hepatitis Profile**

Hepatitis A  
Hepatitis B

### **Thyroid Profile**

TSH  
FT4 + FT3

### **Bone and Joint Profile**

Calcium  
Phosphate  
Uric Acid (Gout)  
Rheumatoid Arthritis

### **Cancer Markers**

AFP (Liver)  
CEA (Colon)  
PSA (Prostate) ♂  
CAS125 (Ovarian) ♀  
EBV (Nasopharyngeal)  
CA19.9 (Pancreas)  
BETA HCG (Testes) ♂  
CA15.3 (Breast) ♀

### **Cardiac Profile**

Hs-CRP  
Creatine Kinase  
Apolipoprotein  
AA1/APB

### **Stomach Screen**

Helicobacter Pylori

### **Venereal Profile**

Syphilis TP Ab

### **Hematology**

Full Blood Count  
Hb Indices  
ESR  
Peripheral Blood Film

### **Deficiency Profile**

Iron

Total Iron Binding Capacity (TBIC)

% Iron Saturation

Ferritin

Transferrin

Vitamin B12

Folic Acid

Vitamin D

### **Hormone Profile**

Estradiol ♀

Follicle Stimulating Hormone (FSH) ♀

Testosterone ♂

### **Auto-immune**

Anti-Nuclear Factor (ANF)

Anti-ds DNA



### **CHOOSE 5 OF THE FOLLOWING:**

#### **ELECTROCARDIOGRAPHY**

Resting ECG



#### **TONOMETRY**

Eye Pressure



#### **BONE SCAN**

Bone Mineral Densitometry (Heel)



#### **RADIOLOGY**

Chest X-ray



#### **SPIROMETRY**

Lung Function Test



#### **RETINAL IMAGING**

Digital Retinal Imaging



#### **BRAIN HEALTH ASSESSMENT**

Digital Brain Test



### **CHOOSE 3 OF THE FOLLOWING:**

Ultrasound Abdomen

Ultrasound Carotid (IMT -  
cardiovascular)

Ultrasound Prostate ♂

Ultrasound Pelvis ♀

Ultrasound Thyroid

Ultrasound Breast ♀

Mammogram ♀

Treadmill Stress Test



### **POST SCREENING DOCTOR CONSULTATION**



### **PERSONAL REPORT AND LIFESTYLE COUNSELLING**

# PREPARATION & INSTRUCTIONS

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## TO BRING

- NRIC/FIN/Passport

## TO PREPARE

- Fast for at least 8 hrs - plain water is allowed
- Omit your diabetic medication till after your appointment
- You may consume all other chronic medication as required.
- Please postpone your appointment if you are unwell.

## URINE TEST

- At least ½ of the bottle
- Take Mid-stream portion
- No fasting required
- No overnight urine
- Urine/Stool to be done at least 5 days after your menstruation ♀

## STOOL TEST

- No fasting required
- Overnight stool is acceptable
- Avoid contact with urine or water
- Using the stick provided, scoop a small amount of stool
- Avoid red meat and iron supplements 3 days before collecting the sample

## TREADMILL

- Avoid caffeinated food and drinks on the day of your test.
- Bring along your sports attire and running shoes.
- You are encouraged to bring a spare set of clothes to change after the test.
- If you have any known heart conditions or on any heart or blood pressure medications, please consult a physician before the test

## TONOMETRY

- Bring along your spectacles (if applicable)
- Remove contact lens 30mins before tonometry

## ECG

- Please wear a 2-piece outfit as electrodes will be placed on your chest.

## PAP SMEAR (FEMALE) ♀

- To be done at least 5 days after your menstruation
- Avoid sexual intercourse, use of creams, medication, spermicides or tampons 2 days prior to your appointment

## MAMMOGRAM (FEMALE) ♀

- If you are pregnant, please avoid this test.
- Examination should be done at least 1 week after your menstruation.
- Avoid perfumes, powders, deodorants and creams at your chest or underarm areas.

## X-RAY

- If you are pregnant, please avoid this test ♀
- Please inform us if you had a chest x-ray in the preceding 6-months.

## ULTRASOUND

- Abdominal / Hepatobiliary System Ultrasound
  - Fast for at least 8 hrs
  - Avoid smoking at least 2hrs before examination
- Prostate / Pelvis Ultrasound
  - Drink 5 to 6 glasses of water 1 hr before your scan
  - Avoid urination, full bladder is required